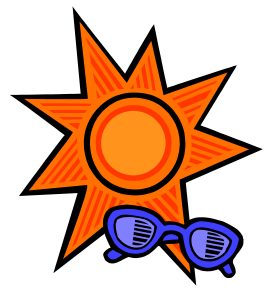




# Pentagon Fit To Win Program



## August 2016 Class Schedule

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
1	Healthy Heart	1100-1200
4	Diabetes Management	0930-1100
10	Eat More, Weigh Less	1100-1200
15	Healthy Heart	1100-1200
18	Diabetes Management	0930-1100
24	Eat More, Weigh Less	1100-1200

**Call 692-8898 to register for FTW classes**

### *Healthy Heart (Cholesterol/Hypertension)*

Learn about the correlation between diet and high cholesterol and/or hypertension. Receive up to date information on the roles of anti-oxidant vitamins, omega-three fatty acids, monounsaturated fats, fiber and their effect on your blood lipids.

### *Eat More, Weigh Less*

Develop sustainable eating habits that feel more like dining than dieting. Learn to use time-tested nutrition fundamentals and emerging research to create an eating pattern that works for you.

### *Diabetes Management*

This class is for individuals who have been diagnosed with diabetes and/or pre-diabetes. Participants will learn exchange list for planning meals as well as carbohydrate counting and managing blood glucose levels.

The smoking cessation and healthy sleep classes have been discontinued. However, participants can schedule 1 on 1 appointments with the Nurse Educator to discuss these issues.

All military & civilian employees assigned to the Pentagon are eligible to attend Fit To Win classes.